

Berea Community Center Activity Schedule

September

Spark Café: Meals Served: 11:30am-12:00pm | Café Remains open until 12:45pm

(Meals must be reserved by 1pm the day before. See reverse side for more details.)

Monday

10:00-11:00am	SilverSneakers Classic	Main Room
11:00am-12:00pm	Garden Club Check-In Meeting (9/20)	Backyard
1:00-2:00pm	Chair Yoga*	Classroom
2:00-3:00pm	Walk with Ease (Begins 9/20)	Main Room

THE BEREA COMMUNITY CENTER WILL BE CLOSED 9/6/21 IN OBSERVANCE OF LABOR DAY

Tuesday

9:30-11:30am	Sew Much Fun!	Classroom
10:00-11:00am	SilverSneakers Circuit	Main Room
12:30-2:00pm	Stitch in Time	Classroom
1:00-2:00pm	SilverSneakers Classic	Main Room

Wednesday

9:30-10:30am	SilverSneakers Classic	Main Room
10:30-11:30am	Why is My Balance Not Like It Used to Be? (9/15)	Classroom
10:30-11:30am	Dream Catcher Craft Class (9/29)*	Classroom
1:00-2:00pm	Chair Yoga*	Classroom
2:00-3:00pm	Level 1 Line Dance*	Main Room

Thursday

10:00-11:00am	SilverSneakers Circuit	Main Room
11:00am-12:00pm	Blood Pressure Checks (9/30)	Classroom
1:00-2:00pm	SilverSneakers Classic	Main Room

Friday

10:00-11:00am	SilverSneakers Circuit	Main Room
1:00-2:00pm	Bingo (9/10 and 9/24)	Main Room

Fee-based Programs in September

Chair Yoga: \$30/month
 Level 1 Line Dance: \$20/month
 Dream Catcher Craft: \$7



New Programs This Month:

- Wellness Seminar: Why is My Balance Not Like It Used to Be? (Wed. 9/15)
- Walk with Ease (Begins Mon. 9/20)
- Dream Catcher Craft* (Wed. 9/29)

General Information

Group Activities

(See activity schedule on reverse side)

Reserving a Space in Class:

- You must register for all programs and activities
- Reservations can be made by completing a Reservation Form with the Front Desk staff
- If you are registering for a fee-based activity you are required to pay the fee at the time of registration

New Program Descriptions for September

Why is My Balance Not Like it Used to Be?

Presented by Madison Hedges, PT, DPT Pt Solutions Physical Therapy

Falls are one of the leading causes of injury in people 55+. Learn how to prevent balance declines and falls. Impaired balance should not limit your quality of life!

Walk with Ease

Presented by Clemson University Youth Learning Institute SNAP-Ed

This 6-week course encourages individuals to get up and be active with friends. Participants will learn strategies to build walking endurance and stretching exercises to increase flexibility. Participants need to be able to attend at least 4 of the 6 classes.

Dream Catcher Craft

Instructor: Karen Jones

Come learn how to craft a dream catcher using doilies. No experience necessary, all supplies provided.

Berea Community Center Spark Café Daily Lunch



Lunch is served: 11:30am-12:00pm
Café remains open until 12:45pm

Cost: \$6

Ask how you can receive a discount and have your meal free.

(If you have previously completed an assessment with the Appalachian Council of Government, please check with the front desk to confirm that it is still active.)

Meal Reservations

- Reservations for meals must be made in advance no later than 1:00 pm the day before you plan to eat
- To cancel a meal, call the meal line by **1:00 pm the day before** your reservation
- Anyone who is responsible for more than 3 wasted meals will be suspended from the meal program. (A wasted meal is a meal that you reserved but did not pick up.)
We know that emergencies arise, so if you call to let us know your circumstances, it will not count as a wasted meal.

Berea Community Center Contact Information

**6 Hunts Bridge Road
Greenville, SC 29617**

864-467-3640

Site Director: Costa Jennings Bruce

Senior Action News

Did you know Senior Action just opened a new location?! Check out our new, state-of-the-art facility at 3715 E North St., Suite K, Greenville!

Annual membership at the East North location is \$100/year. Already renewed your Berea Community Center membership for \$60 this year? Call East North at 864-467-3660 to inquire about your dual-membership.